



Outdoor Cooking Tips



Presented by
Shingebis Chapter of Nanepashemet Lodge #158,
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Let us catch the higher vision. Let us find the greater beauty in the life of cheerful service.

October 2001

Welcome to Outdoor Cooking

Shingebis Chapter of Nanepashemet Lodge No. 158, Order of the Arrow, continues its popular "Tips" series with this pamphlet on Outdoor Cooking. The series began in the winter of 1997 with the "Winter Camping Tips" distributed at the North Essex Council Klondike Derby. The series is designed as a tool to pass on useful information on camping-related activities from many sources to the benefit of Scouts and Scouters of North Essex District. This is just one of many ways in which the Order of the Arrow, and our lodge and chapter promote camping. We hope you enjoy it.



Pizza on an Open Grill

From: Lorie McGraw

I saw this on Martha Stewart TV show. She, of course, used fancy cheeses and herbs. Have fun with this; it sounds really good.

Pizza on the Grill

(Do not use a gas grill, use a hot charcoal grill. A gas grill does not get hot enough, and just dries out the dough, making it into a cracker.)

Ingredients:

Frozen or fresh bread dough
Cheese and other Toppings
Extra light Olive Oil
Pizza Sauce (or spaghetti sauce with extra basil)

Turn a cookie sheet upside down, and oil with olive oil. Spread out hunk of dough about the size of both fists. Spread it out, let it shrink in a little, spread it again until it is thin. Oil top side, too.

Place the dough DIRECTLY

(without the cookie sheet) on very hot grill, grill one side.

(The cookie sheet is only used to help with the oiling of the dough. The cookie sheet is first oiled with the olive oil, then the dough is put on the cookie sheet and spread out very thin, thus oiling the bottom of

(Continued on page 2)

Cardboard Box Oven

The cardboard boxes that hold 10 reams of 8 1/2 by 11 inch paper will make very nice box ovens. Line the inside of the box and lid with aluminum foil. Use a sponge to dab some Elmer's glue around the inside and cover to hold the foil in place. Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.

Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom. Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through one side, and into the other. Two pieces will usually do fine.

Put several lit briquettes on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.

Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

You can use this box oven to cook anything from any other cookbook, that can be cooked in an oven!



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Dutch Oven Treats From Auntie Beans

Make your favorite chili or Sloppy Joe recipe (we like an easy one), and top it with biscuits you can make from Bisquick, milk powder, and water. Bake it all together in the Dutch Oven until the biscuits are done, about 20-30 minutes.

Chili:

Brown a pound of hamburger and half a pound of spicy sausage and a couple of onions. Add can of tomatoes & liquid, a small can of tomato paste, three cans of whatever beans you like - pinto, navy, kidney, ceci (chick peas) - and some bacon bits, which you might have cooked before or (shudder) purchased. Stir up, add spices... garlic powder, cayenne, sage, pepper, bay leaf, fennel, oregano. Sometimes boys have never learned about spices, but they're easy to pack and carry and make a REAL difference.

Sloppy Joes:

Two pounds hamburger and three onions, browned. Add two envelopes of Sloppy Joe mix, two cans of tomato paste, two cans of water. Top



with biscuit dough or purchased "canned" biscuits.

Pies are easy to do... turn one pie plate upside down, then place your pie on top of that one. Bake until nice and brown, about 45 minutes. Prepared pastry is easy. Canned fillings are greatly enhanced by use of a bit of extra butter and some cinnamon and nutmeg.

Cobblers are mega easy too--- couple of big cans of fruit, with liquid from one (drink the other or save for mixing topping). Top with a mix of Bisquick, 1 tsp. of cinnamon, 2 tbsp. of milk powder, 1 tbsp. of sugar, 1/4 cup of oatmeal, water to mix into a loose dough. Mix dry ingredients in a Ziploc bag, add water or leftover juice at the end... cut the corner off the bag and squeeze onto fruit. Bake until browned. Even if they put in a little too much liquid it will turn out OK.

OK, I'm hungry now...
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Pizza on an Open Grill

(Continued from page 1)

the dough so it (1) won't stick to the cookie sheet and (2) so it won't burn as fast when grilled).

Lift one edge to see if it is done (very very brown) on one side, then flip it and add your toppings starting with the cheese first (so it is closest to the heat).

Layer Cheese first, then other toppings, then spoon over some sauce (you are putting the cheese closest to the heat, and the other ingredients go on backwards from a traditional pizza), sprinkle on extra

olive oil (helps to transfer heat evenly). Do not put on too much in the way of toppings (too much and it drips off). Grill until cheese is melted. Pull off on to a wooden board to cut and serve.

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Hudson Bay Bread

From Jeff Babis

2 c. margarine
2 c. Sugar
1/3 c. corn syrup (light)
1/3 c. honey
10 c. rolled oats, finely chopped
1 c. almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well. Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake 20 minutes. Remove from the pan and allow to cool on rack. Temperature should be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.



Cooking Ideas?

(As I figuratively put on my apron, here)....

Scoop the guts out of an onion, but don't peel it. Break an egg in there and place the onion right on the coals...takes about 15 minutes or so... the hardest part is juggling it..

Peel an onion (get the idea that I like onions?), cut it in half and again, take most of the guts out of it. Pack it with hamburger or meat loaf (raw, of course), put it back together, wrap it in tinfoil and put it in the coals...

Slice an unpeeled banana lengthwise, stick in some chocolate and marshmallow...technically you can bake it as is...or wrap in foil... doesn't take long.

Camp Sanitation... 3-Pot Wash

Remove all food residue possible from pots, utensils, and plates/cups. (This can also be done in a cold-water rinse.)

FIRST: Hot soapy wash... removes food & grease residue which will trap and protect bacterial growth. Use water as hot as hands can stand it, but don't make it so hot that the boys won't do an adequate job of cleaning. Pretty hot is OK. The next two steps are, arguably, the most important.

SECOND: Hot rinse in clear water: This is where you use your tongs and maybe a dunk bag into mega hot water. Visual inspection at this point can tell you if the stuff is clean or needs to go back to the soapy stuff again.

THIRD: Dip in sanitizer solution, in a cold water rinse. Do not confuse this with a dip in water which has been sanitized, i.e., with iodine tabs to make it safe for drinking. A good choice is about a teaspoon of Clorox in a basin of water. (we carry a 4 oz squeeze bottle of Clorox, heavily labeled, and it's enough for a week of camp.) They should be in the rinse at least 1 minute. Anything less does not adequately kill every-

thing. If you do not leave the dishes in the sanitizer long enough, the hot water rinse will encourage the growth of nasty things. You allow this to air dry; the prolonged contact of the solution on the material enhances its bactericidal effect.

Final cleanup is easy: pour soapy pot through your sump bag to snag any food residue, then rinse the soapy pot with the hot rinse water pot, then rinse both with the Clorox pot. All clean and sanitized and ready for the next meal.

PAPER TOWELS????
You gotta be kidding me. Why pack and carry a big roll, waste resources (trees/pulp) and make more trash? Use cloth (the smallest PakTowl™ works great) and then rinse it out and air dry in the sun, if you need anything. You don't need to dry dishes.

There was a pretty impressive example of how not to do camp sanitation at Jamboree. A troop in a region which shall remain unidentified had a MAJOR outbreak of diarrheal

disease, really major. This of course got the attn of the Health & Safety people pretty quick, and a team went to the campsite to check things out.

Turned out they found dirty dishes, no washing/rinsing/sanitizing, stuff being kinda wiped out and reused, no hand washing before food prep or cleanup, that sort of thing. The team stayed with them for a few days until they were sure that the troop got the

message, and after that the report was that anyone would have been glad to eat with the troop.

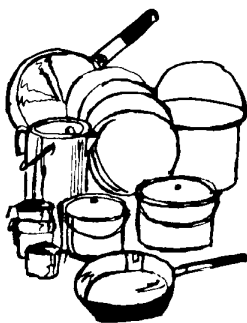
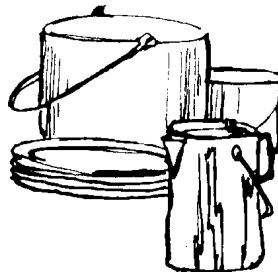
yours for sanitation in camp,

Contributions from:

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And

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Jambalaya

1 lb peeled shrimp
1 can French Onion Soup
1 lb smoked sausage
1 small can tomato paste
1 lb chicken
1/2 cup with onion
1/2 cup green onion
1 stick butter
1/2 cup bell peppers
Cajun Seasoning to taste
Garlic Powder to taste
2 cups Uncle Ben's Converted Rice

From Troop 87, North Andover

Mix the soup and tomato sauce together and add to the rest of the ingredients in a roasting pan. Sprinkle the top with garlic powder and cajun seasonings.

Bake for 30 minutes at 375°F in the cardboard box oven described on page 1. Stir once. Bake for an additional 30 minutes at 375°F.



Utensil-less Cooking

From: Lorie McGraw

What is the BEST way to bake a potato and corn-on-the-cob using no utensils and no aluminum foil?

The best way for both is throw them in the coals, cover them up with the coals and leave them. The corn can be done by simply putting it in the coals with the husk on (you may want to soak the husk if it has dried.) Don't bother to strip the 'floss', the fire will burn most of it off. Leave it in the coals for 10-15 minutes until the outer layers are well charred. The wet inner husk will steam the corn beautifully and it will not burn! Strip the husk down (makes a perfect handle). Add some squeeze butter, salt or garlic powder and chow down.

Yum! I learned this at an Indian Powwow and have always done it this way since.

YIS

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More information on Outdoor Cooking can be found on the World Wide Web at:

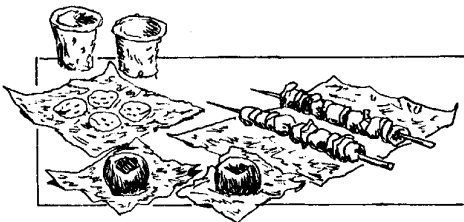
www.macscouter.com/Cooking/

Utensil-less Cooking

From: Tim Hewitt

For potatoes, my favorite method is to cook in clay. Find a nice clean source of clay. Mix in water until you have a good molding clay. Wash the potato but leave the skin on. Wrap the potato in about an inch of clay. Place this directly in the coals and cover with more coals. In 30-40 minutes, you will have a perfect potato. The skin will come off with the clay. These can actually stay in the fire for longer periods without drying out - we've found "lost" potatoes that were in the fire for 4 hours and were still quite edible.

The clay locks in the moisture and as long as it doesn't crack open, the potato will not turn to a rock itself!!



You can do this with lots of different foods. Cornish game hens are great this way - the skins stick to the clay when you crack them open. Fish works really well this way too. Season with wild onion or bacon inside the cavity, wrap and bake for 15 minutes.

For corn, carefully peel down the husks and remove the silk. Replace the husks. Soak in water for 10 minutes. Place directly on the coals. Turn regularly until done - 10 to 15 minutes.

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Utensil-less Cooking

From: Auntie Beans

Foil meals:

Provide hamburger meat, sausage meat, have 'em peel & cut up carrots into sticks, canned pineapple, potatoes peeled & cut up, onions peeled & cut up, instant rice, canned gravy and broth, apples, you name it. Place a generous assortment of whatever you want to eat in the center of a BIG BIG piece of tinfoil. If using the rice in yours, make sure there are a few tablespoons of liquid-- water, pineapple juice, broth--- in there too. Wrap

SNUGLY, crimping the edges together and rolling them up, because this cooks by steaming the contents and if it's open everything burns. A second wrap is often advisable. Wrapped properly this is foolproof,

though. Throw on coals, let cook, turning occasionally, for about 20 minutes.

Terrific cupcakes:

Cut off tops of oranges

(at about the arctic circle level), scoop out innards, save tops. Fill shells about half full with prepared chocolate cake mix batter. Replace lids. Wrap snugly in tinfoil, leaving a "handle" on the top. Set upright in fire, leave for about 20 minutes. You get a delicious orange-flavored chocolate cake in a cup, and even if the orange skin scorches a bit the cake does not and it's always FABULOUS. Also keeps for days, if you hide them. Also if the Scouts are in too big a hurry to let it cook all the way, an undercooked one is like a yummy pudding cake.

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Foil Cooking

Compiled by Kim J. Kowalewski,
Cubmaster, Pack 1009, Bowie, MD

These recipes were sent to me in response to my plea for help with an upcoming Fall Camporee. I needed some suggestions for variations on the "classic" hamburger foil dinner. Enjoy!

VARIATIONS ON THE HAMBURGER FOIL DINNER

from: Jim Sleezer

Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.

I like to use cabbage leaves to wrap it all in before I wrap in foil. A little catsup helps for some boys. I also add a few slices of onion. Around here, we never seem to have enough. The kids all go for seconds!

from: Don E. Robinson, M.D.

We add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.

from: George N. Leiter II

Just skip the butter and add some soup. Cream of mushroom or something like that. When cooked slow it is wonderful.

from: Cheryl Singhal

How about BBQ sauce, Worcester, or even Italian dressing?

Spices ... a measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt it either.

You might be able to combine BBQ and chili powder; or Italian dressing and Italian seasoning; I don't recommend mixing Worcestershire and curry powder though.

from: Ben Alford

We have spiced up our "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It is the boys' secret ingredient. It really makes a big difference. We've had boys finish one dinner and return to make seconds and thirds until all the ingredients are gone. Some were just cooking the left-over onions or potatoes as long as they had the Heinz 57 left to spice them up.

from: Jeff L. Glaze

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast!

Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers. BBQ sauces may be included also.

If you use chicken, try pineapple slices with mild BBQ sauce.

Ground turkey can be used instead of ground beef, and is "more

healthy".

from: Alan Wolfson

I have had good luck asking the kids what they would like in their foil dinners. You'd be amazed at the great ideas they come up with. If, however, your den is gastronomically challenged :-), there are some things you can do to liven up those meals:

I've substituted Mrs. Dash, garlic pepper, Montreal seasoning, or any other favorite general-purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner. We've added celery, green beans, and onions into our dinners for some additional variety. I've also had some good experiences substituting chicken for the beef, and making a pseudo stir-fry dinner using stir-fry oil instead of butter and spices.

from: Mark Wilson

Also, consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes.

As to spices, consider adding a part of a clove of fresh garlic. Smash it first.

You might also consider adding soy sauce, teriyaki, or plain old steak sauce.

Try adding small dough balls of biscuit mix for dumplings.

from: James H. McCullars

In addition to the ingredients you mentioned, I always use onion, bell pepper, radishes, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), and Worcestershire sauce. In addition, I sometimes will use barbecue sauce and if someone thinks to bring some along, sweet potatoes (try it!). I have also seen other people use soy sauce, Tabasco, etc.

from: Juel A. Fitzgerald

Instead of salt and pepper, use seasonING salt and pepper. This makes it a whole lot less bland. Of course you could add Worcestershire sauce AFTER you are done cooking for those who like that.

from: Jeff Agle

One of my favorite additional ingredients in a foil dinner is a dash (maybe a big dash) of Wyler's bul-

lion granules. These add significantly to the flavor. I typically use Seasoned Salt instead of just plain salt. You also left out one of the main flavor ingredients, Onions.

Anything in the onion family can add lots of flavor, try scallions or green onions if the boys are a little squeamish about yellow onions. Garlic (salt, powder, crushed) can add a nice flavor.

CORNISH HEN

from: Michael C. Horowitz

At home, parboil (3 mins) a Cornish hen. Oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 min/side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit

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Foil Cooking

(Continued from page 5)

of olive oil. Makes an OUT-STANDING meal.

BTW, differentiate your foil pack by wrapping a length of foil in with the folded seam; never an argument over who's pack it is - Mike

PIZZA POCKET

from: Don Izard

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil.

'BAKE' 10 minutes on each side, and you might have a pizza pocket.

SEAFOOD DINNERS

from: Jim Sleezer

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops. Kids seldom like it . . . it's too different.



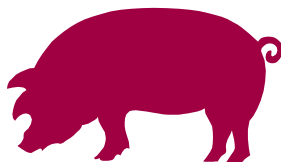
Shark chunks cook up well with a thin slice of lemon.

HAM DINNERS

from: Jim Sleezer

I have done chunks of ham, sweet potatoes (par boiled), pineapple. As soon as it comes out of fire, I add a few mini marshmallows on top.

from Mark Michalski
Upside Down Ham



Ham pieces or steak, Pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.

Ham & Potatoes Au Gratin:

Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.

CHICKEN DINNERS

from: Scott Miller

Try using boned chicken instead of hamburger. Cooking time is the same, add a small amount of water or soy sauce to replace the water found in hamburger.

from: Peter Van Houten

One of the best foil meals I had included a combination of chicken

breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was placed on the bottom (by the way, the chicken had been slightly cooked prior to going), with the veggies on top. I had a couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar).

Only exception was that I didn't turn it over, I let the veggies cook in the heat from the meat. They were still slightly crunchy, almost steamed.

from Cliff Golden
Lemon Chicken,

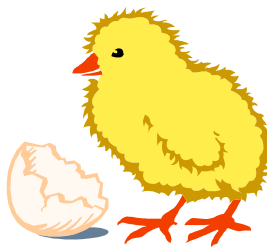
Take a whole chicken. Brush with melted butter. Take a whole lemon, slice, squeeze juice over chicken. Sprinkle generously with Lemon & Herb spice. Put leftover lemon peel & pulp inside chicken with slices of onion. Wrap in foil. Cook until done. 40-60 minutes.

We also cook potatoes & onions in other foil packs.

For dessert. Take a banana, slice in length-wise in the peel. Insert butter and brown sugar into the slit. Wrap & bake.

from: R. Edward Fickel

Try boneless chicken breasts,



green peppers, onion, carrots, potatoes (I think), mushrooms, in a cream of mushroom sauce. They are cooked the same way as your foil packs, but are gourmet quality!!

from: Wayne Hill

One that we tried is the chicken with instant rice and cream of celery soup (undiluted). I thought it was good and it cooks up quick. You can also try baked Apples with sugar, butter, and cinnamon. Bisquick mix is good for individual biscuits just coat the foil with butter or oil before you plop the biscuit dough on the foil keeps it from sticking. Baked potatoes are good and you can put cheese, butter, etc on after they are cooked.

One other point in case you are not aware, use hard wood for making your charcoal resinous wood like pine or cedar doesn't make long lasting charcoal.

FOIL FAJITAS

from: Mark Michalski

Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc....

STUFFED POTATOES

from: Mark Michalski

Core a small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixings of your choice.

HOBO POPCORN

from: Mark Michalski

In center of 18" x 18" square of heavy or doubled foil, place one tsp. of oil and one tbsp. of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string



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Foil Cooking

(Continued from page 6)

and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

PORTABLE CHILI

from: Carol Eichinger

Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime nachos/tacos. This was in my Crafting Traditions Magazine.

HELPFUL HINTS

from: Jess Olonoff

Do NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking.

The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.

It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.

Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.

Don't forget extra utensils as you'll be moving alot of packages around.

DINNERS WITHOUT FOIL

How about baking muffins in half an orange with the pulp removed (and we hope eaten). Eggs in onion half with all but outer few layers removed. Meat loaf (I use recipe on Quaker Oats oatmeal box) cooked in onion half (mound it up as it shrinks

while cooking). Twist on a peeled green stick. Potatoes wrapped in "clean" mud and baked in fire. Skin comes off with mud.

How about chicken and dumplings. Envelope of chicken & vegetable soup, about half the regular water, a small (6 oz) can of chicken.

Bring to a boil. Drop spoonfuls of biscuit dough on top (use drop biscuit recipe). Cover tightly and cook over low heat for about 10 minutes or until dumplings are

done.

I also like to make stone soup. Everyone brings their favorite vegetable to toss in the pot with a few seasonings. Add some bullion for extra flavor. (Bullion can also be added to foil dinners to add a bit more flavor--go gently until you find the right amount.)

FOIL COOKERY HANDBOOK

from: Jess Olonoff

With Thanks to The Indian Nations Council Pow-Wow Book

Foil Cooking Hints

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is know as the "drugstore" wrap.

Drugstore Wrap

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steam-proof seal.

A shallow bed of glowing coals that will last the length of cooking time is necessary.

Cooking Times:

Hamburger: 8-12 minutes, Carrots: 15-20 minutes Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes



FOIL DINNER

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

RECIPES

ALUMINUM EGGS (FOIL BREAKFAST)

Sausage
Egg
Hash brown potatoes
Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

DON'S HAWAIIAN DELIGHT

In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving:

Sliced ham
Sweet potatoes
Carrots
Pineapple

Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.





What is the Order of the Arrow?

The Order of the Arrow is a national brotherhood of honor campers. Its purpose is to recognize and honor those campers who best live up to the Scout Oath or Promise and the Scout Law in their daily lives and to guide them in expanding the service that has made them outstanding. The Order promotes Scout camping and maintains camping traditions and spirit. It emphasizes that the good Scout camper is not only skilled in Scoutcraft, but also true to the ideals of Scouting and its tradition of the

daily good turn.

The only way that a Scout can become a member of the Order of the Arrow is to be elected for this honor by the members of his unit. To be eligible for election, a youth must fulfill the camping requirement and hold the First Class rank.

After being elected, the Scout must complete an Ordeal, which is a series of tests of his sincere dedication to the high ideals of Scouting and the Order. If he is faithful in performing the tests, he takes a sol-

emn pledge of service and is admitted into the order. A long period of self-improvement and service then follows.

The lodge flap, universal arrow ribbon and the distinctive sash identify the Order of the Arrow member. They are symbols of service. Our lodge has its own activities and projects, but our program does not replace the member's responsibility to his unit. Indeed, each Arrowman is expected to give richer service to his own troop in return for the honor his unit extended to him.